



Fat-Free (<5 gms/day) Diet

General Description

This is a diet containing less than 5 grams of fat/day to be used for one day before a repeat gallbladder series.

Indications for Use

If the gallbladder is not visible in the first X-ray series, the fat-free diet is used to prepare the patient for a repeat gallbladder series.

Guidelines

1. Total fat is to be kept below 5 grams/day.

Suggested Meal Plan

Breakfast	Lunch	Dinner
Fruit Juice	Fruit Juice	Fruit Juice
Gelatin	Broth	Broth
Toast, Dry	Plain Potatoes or Rice	Plain Potatoes or Rice
Jelly	Plain Vegetables	Plain Vegetable
Coffee or Tea	Tomato & Lettuce Salad	Tomato & Lettuce Salad
	Fat-Free Dressing	Fat-Free Dressing
	Fresh or Canned Fruit	Fresh or Canned Fruit
	Gelatin	Fruit Ice
	Bread	Bread
	Jelly	Jelly
	Coffee or Tea	Coffee or Tea